

**THE ROYAL ROAD TO  
HEALTH; OR,  
THE SECRET OF  
HEALTH WITHOUT DRUGS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649695881

The Royal Road to Health; Or, The Secret of Health Without Drugs by Chas. A. Tyrrell

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

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**CHAS. A. TYRRELL**

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**THE**  
**ROYAL ROAD TO HEALTH**

**OR THE SECRET OF**  
**HEALTH WITHOUT DRUGS.**

**BY**  
**CHAS. A. TYRRELL, M.D.,**

*President of Tyrrell's Hygienic Institute. Inventor of the "J. B. L. Cascade."  
Professor of Hygiene. Editor of "Health." Originator of  
the Improved System of Physical Exercises, etc.*

**TWENTY-EIGHTH EDITION.**  
**COMPLETELY RE-WRITTEN, ENLARGED AND ILLUSTRATED.**

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**PRICE, \$2.00.**

**PUBLISHED BY**  
**TYRRELLS HYGIENIC INSTITUTE,**  
**1562 BROADWAY, NEW YORK.**

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**BY**  
**CHARLES A. TYRRELL, M.D.**

**TO MY WIFE,**

**WHOSE ENTHUSIASM, AND UNFLAGGING INTEREST IN ALL MAT-  
TERS PERTAINING TO HEALTH IS EXCELLED BY NONE, AND  
WHO HAS BEEN A FAITHFUL CO-WORKER IN BUILDING  
UP THE SYSTEM OF TREATING DISEASE BY HY-  
GIENIC METHODS HEREIN SET FORTH,**

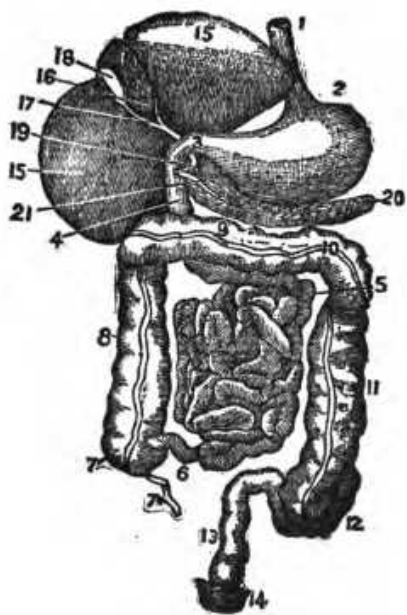
**THIS BOOK IS**

**AFFECTIONATELY DEDICATED.**

**This One**



**NUC3-RST-5YW3**



THE DIGESTIVE ORGANS.



DESCRIPTION OF THE DIAGRAM

ILLUSTRATING THE

**DIGESTIVE ORGANS OF MAN.**

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1. Esophagus or Gullet.
2. Cardiac end of Stomach.
3. Pyloric end of Stomach.
4. Duodenum.
- 5, 6. Convolutions of Small Intestines.
7. Cæcum.
- 7\* Vermiform appendage of Cæcum, called the *ap-pendicula vermiformis*.
8. Ascending Colon.
- 9, 10. Transverse Colon.
11. Descending Colon.
12. Sigmoid Flexure, the last curve of the Colon before it terminates in the Rectum.
13. Rectum, the terminal part of the Colon.
14. Anus, posterior opening of the alimentary canal, through which the excrements are expelled.
- 15, 15. Lobes of the Liver, raised and turned back.

16. Hepatic Duct, which carries the bile from the liver to the Cystic and Common Bile Ducts.
  17. Cystic Duct.
  18. Gall Bladder.
  19. Common Bile Duct.
  20. Pancreas, the gland which secretes the pancreatic juice.
  21. Pancreatic Duct, entering the Duodenum with the Common Bile Duct.
- 

The illustration here given of the Digestive Apparatus of man represents the organs of food digestion, especially the alimentary canal and glands connected therewith, and to the reader of this book, or to any student of anatomy, it will be found of invaluable service as a reference.

The diagram gives a view of the digestive organs from the ventral or front side, a proper study of which cannot fail to impress every intelligent being with the reverential deduction of the Psalmist that we are "*fearfully and wonderfully made.*"

## PREFACE

### TO THE TWENTY-EIGHTH EDITION.

In presenting to the public the twenty-eighth edition of this work, it is a matter for profound gratification to be able to state that the treatment described in its pages has steadily increased in public favor since its introduction. Tens of thousands of grateful people testify to its efficiency, not only as a remedial process, but better still, as a preventive of disease. Truth must ever prevail, and this treatment being based on natural law (which is unerring), must achieve the desired result, which is the restoration and preservation of health.

This edition has been almost completely re-written, and, while the essential principles remain unchanged, some slight departures from previously expressed opinions may be noted; for in the years that have elapsed since the first edition saw the light, some notable advances have been made in rational therapeutics, and dietetics, and no one can afford to lag behind the car of Progress.

The arrangement of the book has been altered, by dividing it into eight parts, instead of three, each part being devoted to a special phase of the general subject, thus simplifying it, and making its principles easier of